DEFINITION OF JUNGIAN TERMS

INDIVIDUATION: The process of moving toward your totality; fulfilling your potential; moving away from conformity and becoming a unique psychological/spiritual individual.

WHOLENESS: A state of completion of the human soul that comes from psychological awareness, self-knowledge, self-acceptance, and Self-acceptance.

THE UNCONSCIOUS: Everything about yourself that is not known to you; everything not related to your ego.

PERSONAL UNCONSCIOUS: The part of your unconscious that is the product of your unique, subjective experience. Your shadow lives here.

COLLECTIVE UNCONSCIOUS: The part of your unconscious that you share with many or all humans. The archetypes live here.

ARCHETYPES: Psychic imprints or forms that you inherited and that influence your recurring psychological patterns. Examples: Mother, Father, Hero, King, Evil Witch, Tree, Devil.

EGO: The center of your consciousness. The aspect of your personality with which you consciously identify; the seat of your will power and decision-making abilities. In dreams, your ego is represented by you, the dreamer.

PERSONA: Your mask. Your social appearance and behavior. The part of yourself that your ego is willing to reveal to others. In dreams, the persona is represented by clothes, makeup, etc.

SHADOW: The repressed aspects of your personality. Things about yourself your ego does not wish to see or admit to; qualities you consider inferior. The shadow can contain positive and negative content. In dreams, your shadow is represented by people of the same sex as you.

ANIMUS: A woman’s masculine side — her known and unknown, developed and undeveloped masculine potential. In dreams the animus is represented by males.

ANIMA: A man’s feminine side — his known and unknown, developed and undeveloped feminine potential. In dreams the anima is represented by females.

SELF: The central archetype of the human soul that expresses psychic wholeness; the totality of your personality, as well as its center and circumference. Often associated with the deity; the God-image within humans. The autonomous regulating force within you which urges you toward wholeness.